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JUNE 22, 2021

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The Press and Standard  
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 Walterboro, SC 29488  
 or Email:  
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THE PRESS AND STANDARD - 843-549-2586

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ADVERTISE YOUR YARD SALE FOR ONE WEEK IN THE ROCKIN' SHOPPER AND THE PRESS AND STANDARD FOR ONLY \$10! CONTACT AMANDA MOSLEY FOR DETAILS 843-549-2586 OR PRESSCLASS@LOWCOUNTRY.COM

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<b>FAMILY PACK HAMBURGER MEAT</b> \$2.99 LB	<b>BOSTON BUTTS</b> \$1.79 LB	<b>NY STRIPS</b> \$11.99 LB
<b>LEG QUARTERS</b> \$1.29 LB	<b>SEAFOOD FESTIVAL</b> \$24.99 3 LB	<b>CHICKEN TENDERS</b> \$3.99

**THIS WEEK'S GROCERY SPECIALS**

<b>BLUE BUNNY</b> 2/\$6.00 48 OZ	<b>PEPSI</b> 6 PK 16.9 OZ BOTTLES 4/\$10.00	<b>BRIGHT &amp; EARLY</b> 5/\$5.00
<b>ALAGA SYRUP</b> 2/\$6.00 16 OZ	<b>OLD ORCHARD JUICES</b> ALL KIND 2/\$5.00 64 OZ	<b>CHIPS AHOY</b> 2/\$6.00 11 OZ
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**Shopper**

Tuesday, June 22, 2021

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**APARTMENT**

**APARTMENT FOR RENT 2**  
 Bedrooms, livingroom, bath, kitchen and laundry area. No Pets. First month rent and deposit required. Call 843-893-2951. (7/1)

**HOUSE**

For Rent 2 BR 1 BA Senior Citizen Shed. 1st month's rent + deposit required. No pets. Call 843-835-8561. (TFN)

**MOBILE HOMES FOR RENT**

FOR RENT: NICE 2BR MH. Call: 843-538-5112 or 843-898-9080. (TFN)

**ROOMMATE**

RETIRED GENTELMAN LOOKING FOR SOMEONE TO SHARE HOME. Prefer female, rent based on income. Text Duncan at 843-557-4794. (7/1)

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**MISC.**

FOR SALE: Home grown perennial plants that comes back year after. Call 843-599-1138 if no answer leave message.

FOR SALE: Black & Decker Hedge Trimmer for \$20.00, SunJoe Blower for \$20.00 used twice call 843-599-1138 if no answer leave message. (6/24)

**PETS**

**KITTEN**

4 FREE KITTENS AVAILABLE. 10 weeks old. Raised in house. Never been outside. Very healthy and pretty. Black & White. Call 843-513-4177. (6/17)

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**MEAT SPECIALS**

<b>WISE BUY BONELESS CHICKEN BREASTS</b> \$2.29 lb	<b>ASSORTED PORK CHOPS</b> \$1.99 lb	<b>CENTER CUT PORK CHOPS</b> \$2.49 lb
<b>PORK BACKBONE</b> \$1.99 lb	<b>SEA BEST FROZEN SHRIMP</b> 50/60 CT 16 OZ \$6.29 lb	<b>CAROLINA PRIDE ROLL SAUSAGE</b> MILD OR HOT 16 OZ 2/\$5.00

**GROCERY SPECIALS**

<b>PILLSBURY STRUDELS</b> ALL VARIETIES 11.7 OZ 2/\$4.00	<b>BLUE BUNNY ICE CREAM</b> 46-48 OZ 2/\$6.00	<b>BRIGHT &amp; EARLY JUICE</b> APPLE & ORANGE 59 OZ 5/\$5.00
<b>LIBBY'S PINEAPPLE JUICE</b> 64 OZ \$3.99	<b>FRESH LOCAL PRODUCE!</b>	<b>FAMOUS AMOS CHOCOLATE CHIP COOKIES</b> 12.4 OZ 2/\$6.00
<b>POST HONEY BUNCHES OF OATS</b> REGULAR, FROSTED, VANILLA, ALMONDS SIZES VARY 2/\$5.00	<b>PEPSI 12 PK CANS 6 PK BOTTLES</b> 3/\$11.00 4/\$10.00	<b>QUAKER INSTANT GRITS</b> CHEESE LOVERS, BUTTER, CHEESE, VARIETY PACK 12 OZ 2/\$5.00

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**\$7.99** LB.  
SLICED FREE

2 PER BAG FRESH  
**WHOLE FRYERS**  
**\$1.29** LB.

FAMILY PACK  
**USDA SELECT BONE-IN NEW YORK STRIP STEAKS**  
**\$9.99** LB.

FAMILY PACK LOIN HALF SLICED PORK LOIN CHOPS .....	LB.	<b>\$1.99</b>
FAMILY PACK CENTER CUT LOIN SLICED CHOPS .....	LB.	<b>\$2.99</b>
FAMILY PACK COUNTRY STYLE PORK RIBS .....	LB.	<b>\$1.99</b>
BABY BACK PORK RIBS .....	LB.	<b>\$3.99</b>
FAMILY PACK BONELESS CENTER SLICED PORK CHOPS .....	LB.	<b>\$2.99</b>
5 LB PACK PORK NECKBONES .....	EA.	<b>\$6.59</b>
5 LB PACK TURKEY NECKS .....	EA.	<b>\$6.59</b>
16 OZ REGULAR OR THICK OSCAR MAYER SLICED BACON .....	EA.	<b>\$6.49</b>
16 OZ REGULAR OR BUNLENGTH OSCAR MAYER WIENERS .....	EA.	<b>\$2.29</b>
18 CT (REG OR HOT) PORK PATTIES OR SWAGGART PORK LINKS 24 CT .....	EA.	<b>\$6.69</b>

FAMILY PACK  
**RIB HALF SLICED PORK LOIN CHOPS**  
**\$1.79** LB.

SOLD IN 10 LB BAGS  
**FRYER LEG QUARTERS**  
**69¢** LB.

**Deli Specials**

<b>8 PIECE CHICKEN OR ROTISSERIE 3 LARGE SIDES (OF YOUR CHOICE) 12 PK HAWAIIAN ROLLS &amp; 1/2 GALLON OF TEA OR LEMONADE</b> <b>\$19.99</b>	<b>12 PIECE CHICKEN (FRIED OR BAKED) 4 LARGE SIDES (OF YOUR CHOICE) 12 PK HAWAIIAN ROLLS &amp; 1/2 GALLON OF TEA OR LEMONADE</b> <b>\$24.99</b>
--	--

FAMILY PACK 5/8  
**LARGE SNOW CRAB LEGS**  
**\$14.99** LB.

**Farm Fresh Produce**

FRESH  
**GREEN CABBAGE**  
**40¢** LB.

8 PER PACK  
**SWEET VALENCIA ORANGES**  
**\$3.99** EA.

10 LB BAG  
**RUSSET POTATOES**  
**\$3.75** EA.

12 OZ  
**FRESH EXPRESS GARDEN SALAD MIX**  
**2/\$3.00**

**Grocery Specials**

14.75 OZ  
**DOUBLE Q PINK SALMON**  
**WOW**  
**3 FOR \$10**

48 OZ  
**IGA VEGETABLE OIL**  
**2 FOR \$5**

5 LB BAG  
**BLUE RIBBON LONG GRAIN RICE**  
**2 FOR \$5**

64 OZ  
**OLD ORCHARD APPLE JUICE**  
**WOW**  
**4 FOR \$5**

24/5 LITER  
**DEER PARK WATER**  
**WOW**  
**2 FOR \$7**

12 ROLL/6 ROLL  
**BATH TISSUE OR FIORA PAPER TOWELS**  
**\$3.75** EA.

15 PK /5 LITER  
**ASSORTED FLAVORS COKE & COKE PRODUCTS**  
**5 FOR \$11**

12 OZ IGA HOT SAUCE .....	5 FOR \$5
12.25 OZ ASSORTED FLAVORS FOOD CLUB MARINADES .....	2 FOR \$3
10 OZ IGA 57 STEAK SAUCE .....	2 FOR \$3
18 OZ ASSORTED FLAVORS THAT'S SMART BBQ SAUCE .....	5 FOR \$5
38 OZ IGA KETCHUP .....	EA. \$1.79
16 OZ RELISH OR FOOD CLUB SWEET SALAD CUBES..	2 FOR \$3
16 OZ ALAGA ORIGINAL CANE SYRUP ..	2 FOR \$6
64 OZ ASSORTED VARIETIES LIBBY'S PINEAPPLE JUICE .....	EA. \$3.69
64 OZ APPLE/MANGO OR OLD ORCHARD APPLE CRANBERRY JUICE..	3 FOR \$5
6 PACK ASSORTED FLAVORS HAWAIIAN PUNCH .....	2 FOR \$4
3 LITER ASSORTED FLAVORS FAYGO SOFT DRINKS.....	2 FOR \$3

100 CT FUN POPS FREEZE POPS .....	EA. \$2.99
24 CT IGA FAMILY SIZE TEA BAGS.....	2 FOR \$3
15 OZ ASSORTED VARIETIES LUCKS BEANS .....	4 FOR \$3
10 OZ IGA CANNED CHICKEN BREAST ..	EA. \$1.79
8 OZ REG OR THIN SPAGHETTI OR FOOD CLUB ELBOW MACARONI ....	3 FOR \$2
56-64 CT PAMPERS SENSITIVE BABY WIPES ..	2 FOR \$5
13-18 OZ ASSORTED VARIETIES POST HONEY BUNCHES OATS ....	2 FOR \$5
12 CT ASSORTED FLAVORS FOOD CLUB INSTANT GRITS ....	2 FOR \$4
12 OZ ASSORTED FLAVORS QUAKER INSTANT GRITS .....	2 FOR \$5
14 OZ ASSORTED VARIETIES SUCCESS BOIL IN BAG RICE.....	2 FOR \$4
25.36 OZ BETOLLI EXTRA LIGHT OLIVE OIL..	EA. \$7.49

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30 CT THAT'S SMART FOAM PLATES ..	5 FOR \$5
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25 OZ SAFEGUARD LIQUID HAND SOAP..	EA. \$5.49
100 OZ RED OR SIMPLY DONE GREEN LAUNDRY DETERGENT ...	EA. \$6.99
18-4 OZ ASSORTED SCENTS SIMPLY DONE DISH LIQUID .....	2 FOR \$3
11.5 OZ ASSORTED FLAVORS FOOD CLUB TORTILLA CHIPS ...	2 FOR \$4
8-14 OZ ASSORTED VARIETIES FUDGE SHOP OR CHIPS DELUXE COOKIES .....	2 FOR \$6
8-13 OZ ASSORTED VARIETIES NABISCO RITZ CRACKERS.....	2 FOR \$5
12 CT ASSORTED FLAVORS DELUXE MOON PIES .....	EA. \$3.99

**Frozen Food & Dairy**

46 OZ ASSORTED FLAVORS BLUE BUNNY ICE CREAM...	2 FOR \$6
12 PK ORANGE CREAM, FUDGE BARS, OR COUNTRY FRESH ICE CREAM BARS...	2 FOR \$6
32 OZ STRAIGHT OR TJ FARMS CRINKLE CUT FRIES .....	3 FOR \$5
11.7 OZ ASSORTED FLAVORS PILLSBURY TOASTER STRUDEL ..	2 FOR \$4
4-11 OZ ASSORTED VARIETIES BANQUET FROZEN ENTREES .....	4 FOR \$5

20-24 OZ NUGGETS, PATTIES, OR FAST FIXIN' CHICKEN STRIPS .....	EA. \$2.99
2 LB FOOD CLUB CHEEZY DOES IT ..	EA. \$4.99
2 LB BAG MOZZARELLA OR AA IMITATION CHEDDAR SHREDS ..	EA. \$3.99
8 OZ IGA CREAM CHEESE .....	4 FOR \$5
8 OZ FOOD CLUB SOUR CREAM.....	EA. 89¢

6 OZ ASSORTED FLAVORS FOOD CLUB YOGURT .....	10 FOR \$5
59 OZ ASSORTED FLAVORS BRIGHT 'N EARLY .....	5 FOR \$5
56 OZ NESQUICK CHOCOLATE MILK ...	EA. \$2.99
16 OZ IMPERIAL MARGARINE QUARTERS.....	EA. 89¢
6 PK 3 LAYER OR LUISA'S PARFAIT MULTIPACK GELS....	2 FOR \$6

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\*Not responsible for typographical errors  
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Church: 843-835-8317  
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Website: [littlerockholinesschurch.com](http://littlerockholinesschurch.com)  
Email: [revjdc@lowcountry.com](mailto:revjdc@lowcountry.com)  
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For complete details, visit [prtc.us/residential-internetebb](http://prtc.us/residential-internetebb)



# Infuse **Bright**, Nutritional Flavor into Summer

**FAMILY FEATURES**

**W**hen families fire up their grills and turn to favorite summer recipes for filling meals, nutritional considerations are often not the focus. However, this doesn't have to be the case. This year, you can rethink traditional seasonal menus by opting for main courses – and even desserts – that offer healthier returns by incorporating ingredients like whole oranges, which provide a multitude of nutritional benefits.

Adding an ingredient like California Valencia oranges to your family's dishes means you're including a rich source of vitamin C (70% of the daily value) and an excellent source of folate (20% of the daily value) in your seasonal spread. As a balance of sweet and tart, the extra juicy oranges reach their peak in summer, making them perfect for warm-weather recipes, juicing or as portable snacks to take along on adventures.

Plus, their anti-inflammatory benefits help support the body, especially as outdoor activities increase in the warm weather. The potassium found in oranges also helps support cell function, healthy blood pressure levels, bone health and hydration.

When it comes to meal planning, oranges are a highly versatile fruit that can be added to both sweet and savory dishes, as well as beverages, cocktails, sauces, frozen desserts, smoothies and more. To introduce a depth of flavor and burst of nutrition to dishes, add a sprinkle of zest, segments or fresh-squeezed juice, or even grill the fruit to bring out the flavor.

Try combining them with tastes of the Mediterranean for dinner with Orange and Harissa Glazed Beef Kebabs or end your meal with a refreshing sweet treat like Orange Ice Cream the entire family can enjoy.

By introducing the sweetness of oranges to your warm-weather menu, you can infuse fresh flavor while rethinking family favorites. Visit [CaliforniaCitrusGrowers.com](http://CaliforniaCitrusGrowers.com) for more information on California oranges.

**Orange Ice Cream**

Prep time: 1 hour  
Servings: 6

- 2 cups California Valencia orange juice, freshly squeezed
- 1 1/2 cups whole milk
- 1 1/2 cups heavy cream
- 1/2 vanilla bean
- 2 tablespoons glucose syrup or corn syrup
- 1/4 cup non-fat dry milk powder
- 2/3 cup granulated sugar
- 3 egg yolks
- 2 California Valencia oranges, zest only
- California Valencia orange slices, for garnish

Prepare ice cream making vessel or unit, such as old-fashioned churner or ice cream machine with motor.

Reduce orange juice to 1 cup; ice down to chill. In saucepan over medium heat, combine milk, cream, vanilla scraped pod and seeds, and glucose syrup until hot; remove from heat. Steep 30 minutes. In bowl, combine milk powder and sugar. Add dry mixture into hot cream mixture. Whisk to combine. Return mixture to medium heat. In separate heat-safe bowl, combine egg yolks and orange zest. In small increments, pour hot mixture over yolks and zest. Mix vigorously while pouring. Cook to 185 F. Remove from heat and pour through fine strainer. Hand-blend until smooth. Ice down immediately. Add cooled, reduced orange juice. Hand blend to combine. Spin and freeze then follow directions according to machine or vessel to make ice cream. Serve with orange slices.



**Orange and Harissa Glazed Beef Kebabs**

Prep time: 2 hours  
Cook time: 20 minutes  
Servings: 2

- 1/2 cup California Valencia orange juice, freshly squeezed
- 2 California Valencia oranges, zested and segmented
- 2 tablespoons harissa paste
- 2 tablespoons honey
- 2 tablespoons olive oil
- 1 tablespoon fresh mint leaves, roughly chopped
- 2 garlic cloves, finely chopped
- 8 ounces beef tenderloin, cut into 2-inch cubes
- 1 green bell pepper, cut into 2-inch squares
- 1 red onion, cut into 2-inch squares

**16 broccoli florets, raw**  
**kosher salt, to taste**  
**black pepper, to taste**  
**cooked couscous**  
**mandarin chutney**

In mixing bowl, combine orange juice and zest, harissa, honey, oil, mint and garlic; mix well. Add beef cubes and toss to coat; marinate 2 hours in refrigerator. Using long skewers, build kebabs, alternating beef, peppers, onions and broccoli on each. Heat grill to medium-high heat. Season kebabs with salt and pepper, to taste. Grill until vegetables are cooked through and beef reaches desired doneness. Serve over bed of couscous and top with mandarin chutney.

# Easy, Satisfying Spring Recipes

**FAMILY FEATURES**

**W**hether you enjoy your spring meals al fresco or simply turn to warm-weather dishes at the comfort of your own dining table, the season brings with it a perfect excuse to shake up your menu.

Lighter fare is often the way to go as temperatures climb, but that doesn't mean you have to settle for a regular sandwich or a boring salad. Instead, enhance these springtime classics by rethinking tradition in tasty (yet easy) ways.

This Sabich recipe calls for a multitude of fresh flavors including Aunt Nellie's Pickled Beets and Onions and hard-boiled eggs plus a variety of veggies, hummus and ethnic seasonings. Or, if a quick and easy salad calls your name for an outdoor meal, this Tossed Bean Salad with Lemon Vinaigrette requires only READ Bean Salad, mixed greens and a handful of other ingredients.

Find more easy springtime dishes at [readsalads.com](http://readsalads.com) and [auntnellies.com](http://auntnellies.com).



Sabich



Tossed Bean Salad with Lemon Vinaigrette

**Sabich**

Recipe courtesy of [eazypeazymealz.com](http://eazypeazymealz.com)  
Prep time: 20 minutes  
Servings: 4

- 1 jar (16 ounces) Aunt Nellie's Pickled Beets and Onions
- 1 medium eggplant
- 2 teaspoons salt, plus additional, to taste, divided
- 1 cup vegetable oil
- 4 hard-boiled eggs, sliced
- pepper, to taste
- 1 1/2 teaspoons za'atar, plus additional for serving, divided (optional)
- 1/2 teaspoon sumac, plus additional for serving, divided (optional)
- 1 cucumber, diced
- 3 Roma tomatoes, diced
- 1/3 cup fresh parsley, finely chopped
- 1/2 lemon, juice only
- 4 whole-grain pita breads with pockets
- 1/2 cup hummus
- 2 cups shredded red cabbage
- 1 medium green bell pepper, thinly sliced

- 1/4 cup Amba pickled mango sauce (optional)
- 1/4 cup tahini

Drain beets and onions; set aside.

Wash eggplant. Slice into 3/8-inch-thick pieces. Place slices on cooling rack. Add 2 teaspoons salt to slices to draw out extra moisture. Let sit 10 minutes. Pat extra moisture off.

In large 14-inch skillet, heat vegetable oil over medium heat. Once oil is hot, place eggplant slices in oil; fry until browned, about 3 minutes per side, in batches of four pieces. Place on paper towel-lined plate to absorb additional oil. Season hard-boiled egg slices with salt and pepper, to taste. Season with 1/2 teaspoon za'atar and sumac, if desired. Set aside.

To make salad: In medium bowl, combine cucumber, tomatoes, parsley, lemon juice and remaining za'atar. Set aside.

Gently slice one end of each pita and open pocket. In microwave on high, heat pitas 10 seconds. Place equal amounts fried eggplant in each pita. Spread 2 tablespoons hummus in each pita. Gently layer one-fourth of egg slices, beets and onions, cabbage, Israeli salad and green peppers in each pita.

Drizzle each sabich with about 1 tablespoon amba sauce, if desired, and 1 tablespoon tahini. Season with additional salt and pepper or sumac and Za'atar, if desired.

**Tossed Bean Salad with Lemon Vinaigrette**

Prep time: 15 minutes  
Servings: 4

- 1 can (15 ounces) READ 3 or 4 Bean Salad
- 2 tablespoons lemon juice or white wine vinegar
- 2 tablespoons olive oil coarsely ground
- black pepper, to taste
- 1 package (about 10 ounces) mixed salad greens
- with carrots
- 4 slices bacon (about 1/4 cup), cooked crisp and crumbled (optional)
- shaved Parmesan or Asiago cheese (optional)

Drain bean salad well; in small bowl, reserve 1/2 cup liquid.

To make dressing: Whisk reserved bean liquid and lemon juice then whisk in oil. Add pepper, to taste.

Place salad greens in bowl.

Add bean salad and bacon. Add dressing, as desired. Toss gently to coat. Arrange on platter; top with shaved cheese, if desired.

**Variation:** Top salad with sliced grilled chicken then top with cheese.

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